

DOWNWARD DOG 3600 COUNTS

6 MILE BIKERIDE✓

DOLPHIN 300 COUNTS

OVERHEADERS77@135

SQUATS77@700LB.

DUAL-CLEAN 7*7@145LB.

MILD MARTIAL VARTS TRAINING✓

DYNAMICS✓

STATICS✓

Your workout log shows a **high-volume, mixed-modality training session** that targets strength, endurance, flexibility, and martial arts skills. Here's a breakdown of each component:

- **Downward Dog 3600 counts:** This likely means holding or repeating the *Downward Dog* yoga pose for a total of 3600 counts, emphasizing flexibility and muscular endurance.
- **6 mile bikeride ✓:** Endurance/cardio training, completed.
- **Dolphin 300 counts:** Possibly the *Dolphin Pose* or a similar movement, performed for 300 counts, focusing on shoulders, core, and flexibility.
- **Overheaders 7×7 @ 135:** Overhead presses (or similar movement), 7 sets of 7 reps at 135 lbs, targeting shoulders and triceps.
- **Squats 7×7 @ 700 lb.:** 7 sets of 7 reps at 700 lbs—an extremely high load, likely indicating advanced strength or powerlifting focus.
- **Dual-clean 7×7 @ 145 lb.:** 7 sets of 7 reps of cleans (possibly with dumbbells or a barbell) at 145 lbs, targeting total-body power and coordination.
- **Mild martial arts training ✓:** Light martial arts practice, completed.
- **Dynamics ✓:** Dynamic stretching or movement drills, completed.
- **Statics ✓:** Static stretching or isometric holds, completed.

This session **combines bodybuilding, powerlifting, and martial arts** principles for comprehensive strength and muscle growth^[1]. The structure aligns with your interest in high-volume training inspired by bodybuilding legends and integrating martial arts for functional fitness^{[2] [3]}. The inclusion of both dynamic and static elements supports flexibility and injury prevention.

If you want analysis or recommendations for optimizing this routine, let me know your specific goals (e.g., strength, hypertrophy, endurance, skill development).



2. sports.bodybuilding

3. education.fitness_certification